

BREASTFEED YOUR BABY AND WORK??



NOW IT'S EASIER!!

As of January 1, 2002, employers are required to:

- ♥ Provide breastfeeding employees a reasonable amount of break time to express your breastmilk for your child.* If possible, the break time should coincide with your paid break time. If not, the break time need not be paid.
- ♥ Make a reasonable effort to provide the use of a private room or other space, other than a toilet stall, close to your work area, for expressing milk.

*Exemption: An employer is not required to provide additional break time if to do so would seriously disrupt the operations of the employer.

If you are pregnant or breastfeeding, please contact your supervisor to discuss arrangements that can be made for you.

- ♥ Go to www.wicworks.ca.gov for information on the law, breastfeeding, and working and pumping.

Breastfeeding... the gift that lasts a lifetime